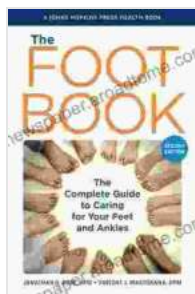


The Complete Guide to Healthy Feet

A Johns Hopkins Press Health Book

Your feet are the foundation of your body, and they deserve to be treated with care. This comprehensive guide from the Johns Hopkins University School of Medicine will teach you everything you need to know about foot health, from how to prevent common problems to how to treat them if they occur.

Inside, you'll find information on:



The Foot Book: A Complete Guide to Healthy Feet (A Johns Hopkins Press Health Book) by Jonathan D. Rose

★★★★☆ 4.4 out of 5

Language : English
File size : 1326 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 226 pages



- The anatomy of the foot
- Common foot problems and how to prevent them
- Treatment options for foot problems
- Foot care for people with diabetes

- Foot care for athletes
- And much more!

Whether you're a runner, a hiker, or just someone who wants to keep their feet healthy, this guide has something for you. With clear, concise language and helpful illustrations, this book will help you understand your feet and keep them healthy for years to come.

Free Download your copy today!

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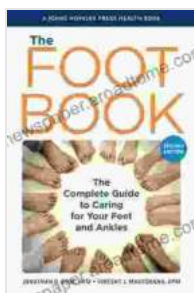
What the experts are saying

"This is the most comprehensive guide to foot health that I have ever read. It is a must-read for anyone who wants to keep their feet healthy." - Dr. William H. Frist, former U.S. Senate Majority Leader

"This book is a valuable resource for anyone who wants to learn more about foot health. It is well-written and easy to understand, and it covers a wide range of topics." - Dr. Kevin J. Bozic, President of the American Podiatric Medical Association

About the authors

The Complete Guide to Healthy Feet is written by a team of experts from the Johns Hopkins University School of Medicine. The authors are all practicing podiatrists who have years of experience treating foot problems. They have written this book to share their knowledge and help people keep their feet healthy.



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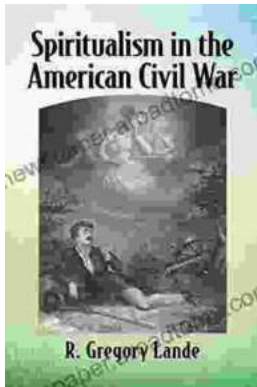
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